

## **Abstract**

**Title:** Effect of managed PT on the results of the annual examination of physical performance of Czech army professional soldiers.

**Objectives:** Detection of the influence of controlled training on the annual examination of professional soldiers. Other goals focus on the development of physical strength and endurance of soldiers and on the connection between controlled physical training, soldiers' attendance and their success in the annual examination 2019.

**Methods:** The research was carried out in the 14th Logistic Support Regiment VÚ 4854 Pardubice, the research sample consisted of 24 professional soldiers who failed to meet the standards of the annual examination in 2018. For the period of 3 months they participated in controlled physical training aimed at developing their endurance and physical strength. Furthermore, changes in their performance were compared and analyzed using basic statistical characteristics. For clarity, the individual results were graphically visualized using a box diagram. Two hypotheses were established, which were statistically verified and evaluated after verifying the normality of the data using a paired t-test or in the opposite case a paired Wilcoxon test at the level of statistical significance  $\alpha = 0,05$ .

**Results:** The controlled physical training had positive effect on the increase of physical strength and endurance. There were statistically significant differences in the results of the 12-minute-run endurance test, and sit-up strength test. Overall, there was an average improvement in the fitness of soldiers. Attendance at the controlled physical training in the range of 40% proved to be insufficient for 5 soldiers who failed again the annual examination 2019.

**Key words:** annual examination, controlled physical training, training plan, strength skills, endurance skills.